

## PRODUCT INFORMATION

# Resverol®

*Resveratrol has a direct effect on the aging process of cells. It activates a specific longevity gene and is so far the only substance proven to prolong the lifespan of various organisms.*

### Basic Facts

The polyphenol resveratrol is a natural, highly effective antioxidant derived primarily from the skin of grapes. In nature, the main function of resveratrol is to protect the plant from infections, fungi and parasites, as well as from damaging environmental toxins and UV rays. In the human body, it generally helps to support healthy inflammatory processes and protect the cells. This is particularly beneficial to the blood vessels, the heart and the cells of the liver and brain.

There is one outstanding property that makes resveratrol one of the most exciting anti-aging substances to date: It has been proven to prolong survival in diverse organisms via its ability to simulate calorie restriction (CR). In fact, resveratrol is a recognized CR mimetic. Reduction of caloric intake is one of the longest-known and best-proven therapeutic concepts for fighting the consequences of aging. To date, it is the only measure proven to have a direct effect on the aging process of the cells. This property was first identified in the 1930s in classical research subjects such as the threadworm, *Drosophila* and baker's yeast. Subsequently, it was shown to be effective in lab rats and other animals, including primates. Meanwhile, its effect on almost all biological organisms has been established. Calorie restriction triggers increased DNA repair in the cells. This prolongs the lifespan of the individual cell as well as that of the organism as a whole. Since 1989, more than 3000 studies on the various effects of this spectacular plant substance have been published.

### Effects

**Resveratrol:** Initial enthusiasm for resveratrol was triggered by the sensational unravelling of the mystery of the «French paradox»: the fact that in France there were 30 to 40 percent fewer cardiac infarctions than in neighboring countries, despite the high risk from tobacco toxins and high-cholesterol food. A country doctor proved that it was the consumption of red wine – and more precisely, the high concentration of resveratrol the wine contained – that was primarily responsible for this paradox. As with many polyphenols, resveratrol was also proven to possess great antioxidative power, thus the ability to combat free radicals. But it does not just neutralize reactive oxygen molecules. An important part of resveratrol's significance concerning cardiovascular health is its power to specifically protect against the oxidation of LDL cholesterol in the blood and, as a direct consequence, its storage in the blood vessel walls, which is known to trigger a series of reactions that can damage the delicate blood vessels. The brain, with its high percentage of fat, is also threatened by increased levels of oxidative stress – this is presumably one of the main factors leading to certain forms of cognitive decline and dementia.

In Far Eastern traditional medicine, resveratrol, obtained predominantly from the mulberry, has been used for hundreds of years to protect the cells of the heart and liver. Not too long ago, researchers from the University of South Florida discovered that it helps protect against fatty conditions of the liver resulting from excessive alcohol consumption.

Another excellent characteristic of resveratrol is its ability to modulate inflammation. Along with its antioxidative effects, its active constituents can initiate programmed cell death in the three main stages of unhealthy cell growth: the triggering of mutations, the formation of unhealthy cells and progression.



**Resverol®**

- ▶ Possesses cellular-protective and inflammation-modulating properties
- ▶ Promotes strong, healthy blood vessels
- ▶ Effectively combats free radicals
- ▶ Supports healthy blood flow
- ▶ Activates a specific longevity gene

At a Glance

Resverol®

**Quercetin:** This flavonoid is present in red wine, as well as in many medicinal plants (ginkgo, St. John's wort), and plays a considerable role in their healing effects. Its antioxidative properties and ability to help modulate inflammation help protect against unhealthy cell growth, gastric ulcers and vascular diseases, including those involving the eye.

**Catechins** are the principal antioxidants present in the leaves of green tea. These colorless amaroids with an excellent capacity for trapping free radicals develop synergetic effects with resveratrol. Their ability to discourage LDL oxidation provides special protection to neurovascular tissue structures.

**OPC** refers to oligomeric procyanidins, a group of substances with specific chemical bonds. These compounds possess antioxidant properties and are absorbed very quickly, working to neutralize free radicals in various areas of the body, primarily in vascular molecules.

## Uses

Simply consuming red wine is not enough to achieve the various effects of resveratrol on human health. In contrast, the precisely concentrated food supplement Resverol® can consistently provide the necessary dose of resveratrol. Based on scientific findings, supplementing with resveratrol is advisable in the presence of a large variety of health concerns.

**Cardiovascular health:** Resveratrol helps preserve capillary strength and protects blood vessel walls. Its active substances also protect against oxidation and discourage the deposition of LDL cholesterol, one of the main causes of vascular lesions that account for almost 50 percent of all deaths.

**Inflammatory processes:** This natural antioxidant also encourages healthy inflammatory processes and possesses antibiotic properties.

**Oxidative stress:** Resveratrol protects against the damaging influences of free radicals and provides extremely active protection for cells.

**Metabolic health:** Resveratrol helps protect against insulin resistance. Researchers regard it as a prospective ally in the battle against unhealthy weight.

## Composition

### One capsule contains:

Resveratrol	120 mg
Quercetin	50 mg
Catechins	30 mg
(from green tea leaf extract)	
OPC	30 mg

in pharmaceutical grade. Other ingredients: calcium carbonate, magnesium stearate, SiO<sub>2</sub>.

## Dosage

In normal cases take 1 capsule daily with plenty of fluid.






## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

Store in a cool and dry environment, out of reach for children.

### Resverol® Product Groups

Resverol® can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  Immune System, Cell Protection & Antioxidants
-  Skin & Hair
-  Cardiovascular System
-  Brain & Memory
-  Vitamins & Food Supplements

Manufacturer:



**VitaBasix**®

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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